

Presentation

This is a physical strengthening and conditioning programme focused on a series of functional movements. These constantly change and are performed at high intensity, in order to tone muscles and get them ready for the various physical challenges of caving. Each session is different from the previous one, it is non-specific and includes a mix of bodyweight exercises, weightlifting and cardio training. The goal is to strengthen the whole body.












Summary

- Two 15' session / day (including 5' warm-up) – Three to four times / week – Eight to nine weeks
- Training sessions encompass several CrossFit exercises
- Training can be done in a variety of locations and with a wide range of equipment, including either a personal bags or rucksacks, *medicine balls, ketbells or fitnessball*
- Exercises are divided into 5 groups: *sit-up, plank, squat, pull-up, burpee*
- Within a group, exercises present several variations, which are indicated by numbers at the end of the exercise name (e.g.: sit-up1, sit-up2, etc...)
- Exercises should be watched on video for correct execution. Warm-up will be 5 minutes long and is shown on video as well
- An exercise summary with pictures is provided below and in a separate A3 document, which can be printed as a training reference

CAVES Physical Training – Exercise Summary



Sit-up	Plank	Squat	Pull-up	Burpee
<p>Sit-up</p>	<p>Plank</p>	<p>Squat</p>	<p>Pull-up</p>	<p>Burpee</p>
<p>Sit-up Variation (Sit-up 1)</p>	<p>Triceps extension from plank (Plank 1)</p>	<p>Walking Lunge (Squat 1)</p>		<p>Burpee Variation (Burpee 1)</p>
<p>Sit-up Variation (Sit-up 2)</p>	<p>Reverse Bridge (Plank 2, static + dynamic)</p>	<p>Single Leg Squat (Squat 2)</p>	<p>Jumping Pull-up (Pull-up 2)</p>	<p>Burpee Variation (Burpee 2)</p>
<p>Russian Twist (Sit-up 3)</p>	<p>Push-up (Plank 3)</p>	<p>Squat Jump (Squat 3)</p>		<p>Burpee Variation (Burpee 3)</p>

<u>Sit-up</u>	<u>Plank</u>	<u>Squat</u>	<u>Pull-up</u>	<u>Burpee</u>
<p>V-Sit (Sit-up 4)</p> 	<p>Push-up Variation (Plank 4)</p> 	<p>Squat Variation (Squat 4)</p> 	<p>Bicep Pull-up (Pull-up 4)</p> 	
	<p>Plank Variation (Plank 5)</p> 	<p>Deadlift (Squat 5)</p> 	<p>Walking Pull-up (Pull-up 5)</p> 	
	<p>Jump Push-up (Plank 6)</p> 	<p>Squat Variation (Squat 6)</p> 		
	<p>Push-up Variation (Plank 7)</p> 	<p>Oblique Squat (Squat 7)</p> 		

Week 2

<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat round x4, R1'</p> <ul style="list-style-type: none"> • 12x squat • 12x sit-up • 20"x plank • 3x pull-up • 5x burpee • 200m run <p>Part TWO</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat round x3x2, R40" R1'30"</p> <ul style="list-style-type: none"> • 30m run • 30x sit-up 1 • 30m run • 30x plank 1 	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>ROUND 1, R30"</p> <ul style="list-style-type: none"> • 1'x burpee 3 • 21x pull-up 2 <p>ROUND 2, R45"</p> <ul style="list-style-type: none"> • 10x plank 4 • 3x plank 1 <p>ROUND 3, R1'</p> <ul style="list-style-type: none"> • 15x sit-up • 8x sit-up 4 <p>Part TWO</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat round x2, R2'</p> <ul style="list-style-type: none"> • 3'x fast walk carrying rucksack in hands • 45x pull-up 5 • 45x sit-up 3 • 5x squat 3 	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat round x9, R1'</p> <ul style="list-style-type: none"> • 10"x plank • 5x plank 1 • 7x plank 2 dynamic • 4x plank 3 • 7x plank 4 <p>Part TWO</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat round x5, R30"</p> <ul style="list-style-type: none"> • 10x squat • 50m run • 8x squat 1 • 40m run • 3x leg squat 2
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Week 3

Part ONE

- Warm Up
- Repeat circuit until exhausted
- burpee 1
 - burpee 2
 - burpee 3

Part TWO

- Warm Up
- Repeat circuit x3, R2'
- 30"x plank
 - 250m run
 - 30"x sit-up

Part ONE

- Warm Up
- Repeat circuit x5, R1'30"
- 5x plank 7
 - 5x squat 5
 - 3x burpee 3

Part TWO

- Warm Up
- Repeat circuit x5'
- 4x pull-up 4
 - 4x plank 2
 - 60m run

Part ONE

- Warm Up
- Repeat circuit x2'
- 3x squat 3
 - 3x plank 3
 - 3x sit-up 3
- RECOVERY 1'
- Repeat circuit x2'
- 3x burpee
 - 3x sit-up 4
 - 3x squat 4

Part TWO

- Warm Up
- Repeat circuit x2
- 10x plank 6
 - 10x sit-up 3
 - 45"x plank 2 static
 - 1km fast walk with backpack

Week 4

<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• 1km bike uphill <p>Repeat circuit x3'</p> <ul style="list-style-type: none">• 7x sit-up• 7x sit-up 1• 7x sit-up 2• 7x sit-up 3 <p>Part TWO</p> <ul style="list-style-type: none">• Run 1km with backpack <p>Repeat circuit x6'</p> <ul style="list-style-type: none">• 9x burpee 3• 9x burpee 2• 9x burpee	<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up <p>Repeat circuit x4'</p> <ul style="list-style-type: none">• 80m run• 3x pull-up• 80m run• 10x pull-up• 80m run• 8x pull-up 2• 80m run <p>Part TWO</p> <ul style="list-style-type: none">• Warm Up• 3'x sit-up• 3'x squat	<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up <p>Repeat circuit x8'</p> <ul style="list-style-type: none">• 6x squat 2• 6x pull-up 2• 6x sit-up 2• 400m run <p>Part TWO</p> <ul style="list-style-type: none">• 6'x burpee	<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• 5'x plank 3• 5'x sit-up 3 <p>Part TWO</p> <ul style="list-style-type: none">• run per 10' with backpack, every 60" do 6x burpee
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Week 5

<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x7'</p> <ul style="list-style-type: none"> • 5x squat • 10x squat 1 • 3x squat 3 • 5x squat • 10x squat 1 • 3x squat 3 <p>Part TWO</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x5'</p> <ul style="list-style-type: none"> • 30m run • plank 6 • 5x pull-up 4 • 7x plank 3 • 9x sit-up 2 	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x10'</p> <ul style="list-style-type: none"> • 20x sit-up • 20x plank 3 <p>Part TWO</p> <ul style="list-style-type: none"> • Modified Warm Up. <p>Repeat x15'</p>	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x5</p> <ul style="list-style-type: none"> • 12x burpee 1 • 12x burpee 2 • 12x burpee 3 • 400m run <p>Part TWO</p> <ul style="list-style-type: none"> • 9'x fast walk with backpack • 60x burpee 	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x8'</p> <ul style="list-style-type: none"> • 10x pull-up 2 • 10x squat 2 • 10x plank 2 • 10x sit-up 2 <p>Part TWO</p> <ul style="list-style-type: none"> • Modified Warm Up. <p>Repeat x15'</p>
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Week 6

<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit 9 volte</p> <ul style="list-style-type: none"> • Rope skipping 1' • 200m run <p>Part TWO</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x 10', R30"</p> <ul style="list-style-type: none"> • 10x squat • 10x sit-up • 15x squat 6 	<p>Part ONE</p> <ul style="list-style-type: none"> • Fast walk x6' <p>Repeat circuit x3, R10"</p> <ul style="list-style-type: none"> • 1' plank • 1' squat 7 <p>Part TWO</p> <ul style="list-style-type: none"> • run 7' • faster Warm Up x5' 	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x6, R1'</p> <ul style="list-style-type: none"> • 10x burpee • 5x burpee 2 • 10x burpee 3 <p>Part TWO</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x8'</p> <ul style="list-style-type: none"> • 20x sit-up • 10x plank 3 • 6x squat 3 	<p>Part ONE</p> <ul style="list-style-type: none"> • 6x6 burpee 3, R30" • fast run 10' <p>Part TWO</p> <ul style="list-style-type: none"> • Warm Up <p>• 20x7 squat 5, R15"</p> <p>• run uphill 7x100m r1'</p>
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Week 7

<p>Part ONE Repeat circuit x10</p> <ul style="list-style-type: none"> • 10x sit-up • 30"x plank • 10x squat • 10x burpee <p>RECOVERY 1'</p> <ul style="list-style-type: none"> • 400m run <p>Part TWO</p> <ul style="list-style-type: none"> • 10'x rope skipping 	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up <p>Repeat circuit x10'</p> <ul style="list-style-type: none"> • 7x squat 4 • 7x squat 5 • 7x squat 6 • 7x squat 7 <p>Part TWO</p> <ul style="list-style-type: none"> • 5'x rope skipping <p>Repeat circuit x6'</p> <ul style="list-style-type: none"> • 10x pull-up • 5x pull-up 2 • 10x pull-up 5 	<p>Part ONE Repeat circuit x4'</p> <ul style="list-style-type: none"> • 20x squat 7 • 20x squat 4 <p>RECOVERY 1'</p> <ul style="list-style-type: none"> • 5' rope skipping • 40x sit-up • 30x sit-up 1 • 20x sit-up 2 • 10x sit-up 3 <p>Part TWO Repeat circuit 4'</p> <ul style="list-style-type: none"> • 8x squat 6 • 8x squat 5 <p>RECOVERY 30"</p> <ul style="list-style-type: none"> • 400m run + 1' rope skipping + 400m run 	<p>Part ONE</p> <ul style="list-style-type: none"> • Warm Up x15' <p>Part TWO Repeat circuit x10'</p> <ul style="list-style-type: none"> • 50" run • 30" rope skipping
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Week 8

<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• 60x squat• 2'x plank• 40x burpee• 35x pull-up• 40x plank 3 <p>Part TWO</p> <ul style="list-style-type: none">• 3x12 r30" squat 1• 3x12 r30" squat 2• 3x12 r30" squat 6• 3'x run• 2' rope skipping• 3'x run	<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• 21x3 r10" burpee 3• 30x3 r20" burpee 2• 12x3 r15" squat 7• 3'x rope skipping <p>Part TWO</p> <ul style="list-style-type: none">• 70x plank 4• 80x sit-up 3• 140x squat 1	<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• 10'x rope skipping <p>Part TWO</p> <ul style="list-style-type: none">• Warm Up• 80x squat 7• 100x squat 6• 60x squat 5	<p>Part ONE</p> <ul style="list-style-type: none">• 7'x hand pedalling• 100x plank 1• 80x plank 2• 90x sit-up <p>Part TWO</p> <ul style="list-style-type: none">• 80x squat 2• 4'x rope skipping• 30x sit-up 2• 80x pull-up 4
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Week 9

<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• 100x burpee 1• 3x400m, R1' <p>Part TWO</p> <ul style="list-style-type: none">• Warm Up• 36x pull-up• 144x sit-up 3• 72x plank 4	<p>Part ONE</p> <ul style="list-style-type: none">• 5'x hand pedalling• 5'x rope skipping• 300m run <p>Part TWO</p> <ul style="list-style-type: none">• Warm Up• 40x sit-up 1• 50x burpee 2• 30x pull-up 4• 60x plank 2 dynamic	<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• Repeat circuit x7'• 60m run• 10x sit-up• 8x burpee 1• 12x squat 7• 5x squat 6 <p>Part TWO</p> <ul style="list-style-type: none">• 5'x run• 10'x rope skipping	<p>Part ONE</p> <ul style="list-style-type: none">• Warm Up• 8x8 r10" squat 6• 18x6 r20" squat 2• 100x squat <p>Part TWO</p> <ul style="list-style-type: none">• Modified Warm Up. Repeat x15'
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